

Criffel Hill Race - Sunday 18th March – 13:00

Start/Finish: New Abbey, Dumfries DG2 8BX - Registration from 11:00

Category AM Hill Race

For more information please email Ranjit Thomas at ranjitthomas@hotmail.com (please put subject as 'Criffel Hill Race')

Entry fee: £5

All Proceeds to Moffat Mountain Rescue Team

Name	Mobile number Vehicle Reg
Date of Birth	Age on 18 th March 2018
Male/Female	Email Address
Emergency Contact Name	Emergency Contact Number

Declaration: I understand that this race is held in accordance with the published rules and safety requirements. I am aware of the organiser’s information and stipulations, and I accept that any injury occurring to me during the course of the race is in no way the responsibility of the race organiser. I am over 18 years of age. If I abandon the race, I undertake to inform the nearest marshal or the timekeeper at the finish before leaving the venue.

Mandatory kit requirements : Full body waterproof cover, hat, gloves, whistle, mechanical compass, a map and the ability to navigate in poor weather conditions.

Safety details can be found at Scottish Hill Runners <http://www.scottishhillrunners.uk/Safety.aspx>

Signature

Date

Information: Please note any Medical Condition you wish to make the organisers aware of on the reverse of this form.